

# Military and Family Readiness January 2015



Three locations to  
serve our military  
community



"Like" us on Facebook:  
[www.facebook.com/mfrcjbsa](http://www.facebook.com/mfrcjbsa)

## Information and Referral

We provide services to all eligible DOD card holders. We can be your single points of contact for information regarding military and civilian community resources at Joint Base San Antonio. Call us first or stop in at the Military and Family Readiness Center and we can guide you to the right resources, 221-2705 or 221-2418 at JBSA-Fort Sam Houston, 671-3722 at JBSA-Lackland and 652-5321 at JBSA-Randolph.

### Newcomer's Orientation

Each location offers a mandatory newcomer's briefing for military and civilian personnel newly assigned to that location.

At JBSA-Fort Sam Houston the orientation will be held 0800-1230 16 Jan. at the Military and Family Readiness Center.

At JBSA-Lackland the orientation will be held 0800-1200 14 & 28 Jan at the Gateway Club. Service members must coordinate with their Unit Personnel Coordinator or Commander Support Element to schedule their mandatory Newcomer's Orientation. For more information, call 671-3722.

At JBSA-Randolph the orientation will be held 0800-1200 5 Jan. at the Military and Family Readiness Center. For More information or to sign up, call 652-1845.

## Computer Lab

The Computer Lab at JBSA-Fort Sam Houston Military and Family Readiness Center is available Monday through Friday from 0800 to 1600. For information, call 221-2517 or 221-2518.



## Military and Family Life Counselors

Military and Family Life Counselors (MFLC) are available to help service members, family members, significant others and DoD civilian staff address deployment/reintegration issues; marriage and relationship issues; parenting/sibling & family issues; communication challenges; stress and anxiety; depression; grief and loss; and daily life issues. Consultations and trainings are FREE and ANONYMOUS. NO RECORDS ARE KEPT. After-hours and weekend appointments are available, and group or off-site meetings can be arranged.

MFLCs consult informally with service members and families and identify early signs of stress. Commanders and units can also request a consultation.

**JBSA-Fort Sam Houston, call 517-6666 general number, 243-4143 for Army students, and 488-6804 for Air Force and Navy students.**

**JBSA-Lackland, call 540-5025 or 540-5030 for adults, 627-0054 or 540-5033 for Child and Youth.**

**JBSA-Randolph, call 627-1223 or 834-6904 for adults, 627-0338 or 627-0525 for Child and Youth.**

the Military.com

# SPOUSE EXPERIENCE

— All Military Spouses Invited: Past, Present, and Future —



## REGISTER ONLINE TODAY

<http://spousebuzz.com/military-spouse-experience>

An out-of-your seat, no PowerPoint, win-a-prize workshop to help you build your "happily ever after" military life

## Friday, January 23<sup>rd</sup>

San Antonio, TX

## 10:00 AM – 2:00 PM **FREE**

The Pearl Stable, 307 Pearl Pkwy, San Antonio, TX 78215

*Lunch will be provided*

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For more information visit: <http://spousebuzz.com/military-spouse-experience>

### Casualty Assistance/Survivor Benefit Services

The CAR/SBP Staff are located in the JBSA-Randolph M&FRC, Bldg 693, 555 F Street West. Walk-in Customer Service hours are from 12:00 – 2:00 p.m., Mon-Fri; all others are by appointment only. Call 652-2104 or 652-3633 to make an appointment.

# Armed Forces Action Plan

## FY 2015 JBSA Armed Forces Action Plan (AFAP) Conference.

In November, JBSA conducted its annual AFAP Conference. The JBSA Military Community submitted about 100 quality of life concerns over the past year. The delegation, comprised of Service Members, Family Members, Civilians, Retirees, Wounded Warriors, and Youth from four service components, identified ten issues most important to them for leadership to address and help resolve. The prioritized issues listed below are in the process of getting reviewed. An Executive Steering Committee will decide which issues will get elevated to higher levels of leadership for action and which issues will get resolved at the local level.

**If you are interested in AFAP or the process, please contact the Military and Family Readiness Center at 210-221-2705.**

Youth Centers Internet Access

Youth Hired! Program

Standardize Department of Defense Survivor Focused Program

Department of Defense Library Closures

Interchange Agreement for Government Grade (GG) to General Schedule (GS) Employees

Annual Leave for Federal Civilian Employees

Installation Access for Department of Defense (DoD) Civilian Family Members

Single Point of Contact to Track Deployed Service Members Assigned to JBSA

Installation Web-Based In-processing

DoD Sexual Assault Prevention and Response (SAPR) Identification Patch in Deployed Environments



## FY 2015 JBSA AFAP



*Inspiring Change One Voice At A Time*

Milestones	Projected Dates
Initial AFAP ESC 502d FSG/CC	Dec 2014
RAPJBIAC AFAP Inputs	Monthly
DA GOSC (VTC) Army Senior Cdr	Feb 2015
AFAP ESC 502d FSG/CC	Jan 2015, day TBD (2d Qtr)
FY 15 JBSA AFAP Planning Meeting	Jan 2015, day TBD
JBIAAC AFAP Update	Feb 2015
FY 14 Issues to OACSIM	Feb 2015, day TBD
AFAP ESC 502d FSG/CC	Apr 2015, day TBD (3 <sup>rd</sup> Qtr)
JBIAAC AFAP Update	May 2015
AFAP ESC 502d FSG/CC	Jul 2015, day TBD (4 <sup>th</sup> Qtr)
JBIAAC AFAP Update	Aug 2015

# Family Life

Family Life classes assist service members and their families in their knowledge, skills, and abilities to anticipate and meet the challenges throughout the various stages of the family life cycle. Call 210-221-0349 to register for JBSA Fort Sam classes. For Randolph or Lackland please call the numbers listed by

## Anger Awareness

Learn to identify triggers, signals, expressions of anger and techniques to effectively control anger.

05 JANUARY	MONDAY	1300-1400	JBSA-FSH MFRC
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## Army Family Advocacy Program Unit Training

Army Annual FAP Training is mandated Army Unit Family Advocacy Training IAW AR608-18 regarding domestic and child abuse identification, reporting, and prevention. Also covered: Lautenberg Amendment, Restricted/Unrestricted Reporting and Victim Compensation. Sessions consist of 30 minute increments, starting at the half hour.

07 JANUARY	WEDNESDAY	0800-1000	JBSA-FSH MFRC
21 JANUARY	WEDNESDAY	1400-1600	JBSA-FSH-MFRC

## Bringing Baby Home

This two-part class teaches new parents how to care for your newborn baby. Dads are welcome and encouraged to attend. Call 221-0349/2418 to register.

07 JANUARY	WEDNESDAY	0900-1300	JBSA-FSH MFRC
21 JANUARY	WEDNESDAY	0900-1300	JBSA-FSH MFRC

## Car Seat 101

This class will go over the basics associated with car seat installation. Almost 75% of all car seats are installed incorrectly and car crashes are the leading cause of accidental death in children. After completion of this course, participant can then register for the safety seat clinic.

08 JANUARY	THURSDAY	1300-1500	JBSA-FSH MFRC
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## Car Seat Program

Is your baby outgrowing their car seat and money's pretty tight? We can Help! The Car Seat 101 Class is held every quarter, at the Human Performance Resource Bldg 999 on JBSA-Randolph on the 4th Wednesday of the month. (28Jan, 22 APR, and 22 JUL 2015) registration is required. Car seat inspections are held monthly on the 3rd Monday and appointments are necessary. Please call Connie Wilson at 652-2448 to reserve your seat or make an appointment.

28 JANUARY	WEDNESDAY		JBSA-RANDOLPH
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### Children in the Middle (4 part series)

This class focuses on how families can meet the needs of children growing up between two homes. Meets Texas court mandated requirements.

09 JANUARY	FRIDAY	1400-1600	JBSA-FSH MFRC
16 JANUARY	FRIDAY	1400-1600	JBSA-FSH MFRC
23 JANUARY	FRIDAY	1400-1600	JBSA-FSH MFRC
30 JANUARY	FRIDAY	1400-1600	JBSA-FSH MFRC

### Couples Enrichment (3 part Series)

This class centers on reconnecting with your partner. We will discuss gender differences and communicating effectively, focus on commitment, and ways to strive to enhance intimacy.

05 JANUARY	MONDAY	1130-1330	JBSA-LACKLAND Health & wellness Center
12 JANUARY	MONDAY	1130-1330	JBSA-LACKLAND Health & wellness Center
26 JANUARY	MONDAY	1130-1330	JBSA-LACKLAND Health & wellness Center

### Give Parents a Break

The Air Force Aid Society (AFAS) recognizes that Air Force families are subjected to unique stresses due to military life: deployments, remote tours, etc. In an effort to help these families, the AFAS, in cooperation with the Air Force Child Care Community and the M&FRC, have agreed to provide funding for child care for eligible Air Force families only, under the "Give Parents A Break" program; whose purpose is to offer these parents a few hours break. **For more information call 652-5321.**

24 JANUARY	SATURDAY	1300-1700	JBSA-RANDOLPH
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### Helping Us Grow Securely (HUGS) Playgroup

Join this interactive playgroup for parents and children up to age 5. No registration is required.

06 JANUARY	TUESDAY	0900-1100	JBSA-FSH MIDDLE/TEEN
13 JANUARY	TUESDAY	0900-1100	JBSA-FSH MIDDLE/TEEN
20 JANUARY	TUESDAY	0900-1100	JBSA-FSH MIDDLE/TEEN
27 JANUARY	TUESDAY	0900-1100	JBSA-FSH MIDDLE/TEEN

### Infant massage (3 part series)

Why Infant Massage? Relieves discomfort from constipation, gas and colic ~ Helps normalize muscle tone and improve blood circulation ~ Helps baby sleep better (So, parents sleep better) Stimulates brain development and improves sensory awareness ~ Babies cry less as the parent is more responsive to babies' cues ~ Relaxes and helps decrease stress for you and baby ~ Promotes bonding and attachment ~ May bring baby 6 mo. to 1 year of age.

05 JANUARY	MONDAY	0900-1030	JBSA-LACKLAND Health & wellness Center
12 JANUARY	MONDAY	0900-1030	JBSA-LACKLAND Health & wellness Center
26 JANUARY	MONDAY	0900-1030	JBSA-LACKLAND Health & wellness Center

## Family Life

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### Safety Seat Clinic

15 JANUARY	THURSDAY	1330-1500	JBSA-FSH MFRC
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### ScreamFree Marriage

This three part workshop offers the opportunity to challenge previous notions about what marriage should be and learn to appreciate all that is right now and what will be in the future.

### Single Parent Support Group

Meet other parents who can relate to you and learn about things that matter most to you. It is designed as an informal, no-threat forum to discuss issues related to being a single parent.

15 JANUARY	THURSDAY	1200-1300	JBSA-RANDOLPH RAC bldg. 975
16 JANUARY	FRIDAY	1130-1300	JBSA-LACKLAND FREEDOM CHAPEL

### Teen Talk

Teens will learn about managing money, communication and building leadership skills.

13 JANUARY	TUESDAY	1615-1700	JBSA-FSH YOUTH CTR
13 JANUARY	TUESDAY	1700-1800	JBSA-FSH MIDDLE/TEEN
27 JANUARY	TUESDAY	1615-1700	JBSA-FSH YOUTH CTR
27 JANUARY	TUESDAY	1700-1800	JBSA-FSH MIDDLE/TEEN

### Women Encouraging Women

This is a two-hour discussion of topics that pertain to women, their relationships, roles and tips to increase self-esteem and confidence. Call 221-0349 or 221-2418 to register.



## HEARTLINK

**14 January, 0900-1100 at JBSA-Lackland Military & Family Readiness Center.**

Focus is on setting up household finances for a successful 2015! This spouse orientation program is for spouses married to a military member of any branch of the Service. This is a great opportunity to increase your knowledge of fiscal resources in the military community, reading an LES, an overview of savings and investing, and available programs and services in a fun, relaxed atmosphere. Make new friends while learning more about having a successful 2015! Childcare is reimbursed and class sizes are limited.

## Employment Assistance

Employment Readiness gives group and one-on-one lessons to help improve resume writing skills, job searches, interviewing skills and more. We can help you locate job opportunities and assist you with completing your application and resume. For information or to register for a class, call 221-0516 at JBSA-Fort Sam Houston, 671-3722 at JBSA-Lackland and 652-5321 at JBSA-Randolph.

### 10 Steps to a Federal Job

**Ten Steps to a Federal Job:** Learn the key to navigating the federal resume and USAJOBS application system for transitioning military, family members and wounded warriors from **Certified Federal Job Search Trainers and Career Coaches.**

07 JANUARY	WEDNESDAY	0900-1100	JBSA-FSH MFRC
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### Federal Resume Process

Review of civilian hiring process; OPM guidance and terminology; navigating USAJOBS; writing tips for federal resume; searching/applying for jobs; using Application Manager to complete application; checking status and rating process.

23 JANUARY	FRIDAY	1200-1400	JBSA-LACKLAND ARNOLD HALL
29 JANUARY	THURSDAY	0830-1100	JBSA-MFRC RANDOLPH MFRC

### Resume Writing Techniques

Everyone needs a resume when job hunting. Learn which resume formats the experts prefer when writing a non-Federal resume and how to effectively write summary statements, your employment history and other sections.

06 JANUARY	MONDAY	0930-1100	JBSA-RANDOLPH MFRC
22 JANUARY	THURSDAY	1200-1400	JBSA-LACKLAND ARNOLD HALL
21 JANUARY	WEDNESDAY	0900-1130	JBSA-FSH MFRC

### Interview Skills

Most employers assess a candidate's value within the first 30 seconds of an interview. We can teach you how to make those 30 seconds the key to opening employment opportunities you may have only dreamed about.

15 JANUARY	MONDAY	1200-1400	JBSA-LACKLAND ARNOLD HALL
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### Dress For Success

Learn how to make a first good impression as you network, interview and in your daily work life interactions. You will learn what, when, where and how to wear the right things the right way. Creating the right image that is always positive Communicate competence with your clothing, accessories and grooming Impact of professional wears on personal attitude and confidence What to wear/or not wear for an interview What does Business Casual really mean? Seasonal attires for different occasions Learn "how to tie a tie".

21 JANUARY	WEDNESDAY	1300-1600	JBSA-LACKLAND ARNOLD HALL
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## ***VIRTUAL CAREER LIBRARY NOW AVAILABLE***

The JBSA Employment Readiness Program has joined the digital revolution with the addition of the Virtual Career Library to its full range of career guidance and employment services. This innovative career information service is available at no cost to JBSA-Fort Sam Houston personnel and their families who participate in the Employment Readiness Program.

The Virtual Career Library features a talking librarian avatar which guides site users through a digital library which includes career and education e-books, digital employment guides, hundreds of career expert videos, school and college finder, virtual career classroom, e-learning courses, virtual job data cards, employer news and more. You can get help with exploring careers, job search guidance and education planning by logging on to the Virtual Career Library anytime, anywhere from any device. For more information or register at <http://www.fortsammwr.com/home-family/employment-readiness.html>.



## January classes at JBSA Fort Sam Houston

Monday	Tuesday	Wednesday	Thursday	Friday
<b>All classes are held at the Military and Family Readiness Center, bldg. 2797, unless noted.</b>	<b>MFRC CLOSED FOR TRAINING 1300-1500 THURSDAY 15JAN15 05FEB15 19FEB15 05MAR15</b>		<b>1</b>  <b>Military &amp; Family Readiness is Closed</b>  <b>HAPPY NEW YEAR</b>	<b>2</b>  <b>Military &amp; Family Readiness is Closed</b>
	<b>6</b> 0800-1200 Pre-Sep 0900-1100 H.U.G.S. 0900-1100 Pre De- ployment Briefing	<b>7</b> 0800-1000 Army FAP Unit Training 0900-1300 Bringing Baby Home #1 0900-1100 Ten Steps to a Federal Resume 1000-1100 OPOC Training 1300-1500 Post Deployment Brief	<b>8</b> 1300-1500 Pre De- ployment Briefing 0900-1000 Budgeting 1000-1100 Coupon 1300-1500 Car Seat 101 0900-1030 AFTB/ Volunteer Advisory council	<b>9</b> 1400-1600 Children in the Middle #1
	<b>12</b>	<b>14</b> 0830-1600 FRG Leadership Academy 1000-1300 Career & Volunteer Fair 1300-1500 Post Deployment Brief	<b>15</b> 0830-1600 FRG Leadership Academy 1000-1130 Army Resiliency Training 1330-1530 Safety Seat Clinic 0900-1300 AFTB Modules <b>1300-1500 CLOSED for training</b>	<b>16</b> 0800-1230 Newcomers Orientation 1400-1600 Children in the Middle #2
	<b>19</b>  <b>Military &amp; Family Readiness is Closed</b>	<b>21</b> 0900-1300 Bringing Baby Home #2 0900-1130 Resume Writing Techniques 1200-1300 EFMP Parent Support 1400-1600 Army FAP Unit Training 1300-1500 Post Deployment Brief	<b>22</b> 0800-1300 Trails & Tails 1300-1500 Pre Deployment Briefing 1400-1500 Basic Budget Management 1500-1600 Couponing	<b>23</b> 1400-1600 Children in the Middle #3
	<b>26</b>	<b>28</b> 0900-1000 MFRC Volunteer Orientation 1000-1100 JBSA VMIS Training 1300-1500 Post Deployment Brief	<b>29</b> 1300-1500 Pre De- ployment Brief	<b>30</b> 1400-1600 Children in the Middle #4

## January classes at JBSA-Lackland

Monday	Tuesday	Wednesday	Thursday	Friday
<b>All classes are held at the Military and Family Readiness Center, building 1249, unless noted.</b>			1  <b>Military &amp; Family Readiness is Closed</b>	2  <b>Military &amp; Family Readiness is Closed</b>
	6 0745-1600 Transition GPS 0800-1000 Pre-Deployment Briefing, Bldg. 5160	7 0745-1600 Transition GPS 1200-1330 Mentor Training	8 0745-1600 Transition GPS 1100-1300 Mentor Training 1300-1500 Social Security & you	9 0745-1600 Transition GPS
	12 0745-1600 Transition GPS 1030-1100 Personal and Family Readiness Briefing for Airmen 1430-1530 Post-Deployment for Airmen, Bldg. 5160 0900-1030 Infant Massage 1130-1330 Couples enrichment #2	14 0745-1600 Transition GPS 0800-1200 Newcomers Orientation 1130-1330 Create an Effective Resume 0900-1100 Heart Link	15 0745-1600 Transition GPS	16 0745-1600 Transition GPS 1130-1300 Single Parent Support Group, Freedom Chapel
	20 0800-1000 Pre-Deployment Briefing, Bldg. 5160 0900-1200 Pre-Sep 1300-1600 Pre-Sep	21 1300-1600 Dress for Success 0900-1100 Officer first duty station financial training	22 0900-1200 Pre-Sep 1200-1400 Resume Writing Techniques, Arnold Hall 1300-1600 Pre-Sep	23 1100-1300 Key Spouse training 1200-1400 Federal Resume Process
	27 0745-1600 Transition GPS 0800-1000 Pre-Deployment Briefing, Bldg. 5160	28 0745-1600 Transition GPS 1030-1100 Personal and Family Readiness Briefing for Airmen 1430-1530 Post-Deployment for Airmen, Bldg. 5160 0800-1200 Newcomers Orientation	29 0745-1600 Transition GPS 1100-1300 Mentor Training 1200-1330 EFMP Parent Support group 1200-1300 EFMP Workshop 1300-1330 EFMP Parent Support Group	30 0745-1600 Transition GPS
5 0745-1600 Transition GPS 1030-1100 Personal and Family Readiness Briefing for Airmen 0900-1030 Infant Massage 1130-1330 Couples Enrichment #1				

## January classes at JBSA-Randolph

Monday	Tuesday	Wednesday	Thursday	Friday
<b>All classes are held at the Military and Family Readiness Center, building 693, unless noted.</b>			1  <b>Military &amp; Family Readiness is Closed</b>	2  <b>Military &amp; Family Readiness is Closed</b>
	5 0800-1200 Newcomers Orientation	6 0930-1100 Basic Resume Writing	7 1200-1600 Retirement & Pre-Sep Counseling	8 1100-1230 EFMP Monthly Meeting 1200-1330 Mentor Training
	12 0800-1630 Transition GPS	13 0800-1630 Transition GPS 0800-1600 VA Career Tech Training 0830-1130 Officer First Duty Station Financial Training	14 0800-1630 Transition GPS 0800-1600 VA Career Tech Training	15 0800-1630 Transition GPS 1200-1300 Single Parent Support bldg 975
	19  <b>Military &amp; Family Readiness is Closed</b>	20 0800-0930 SBP Brief 0900-1030 Understanding your credit report 1300-1400 SBP Brief	21 1200-1600 Retirement & Pre-Sep Counseling 1300-1400 Open Arms 1730-1930 Money Smarts High School Students	22
	23 0830-1530 Key Spouse Initial Training			
26	27 0900-1100 Personal and Family Readiness Briefing, Hangar 71  0800-1400 VA Stand Alone Workshop	28 1200-1600 Retirement & Pre-Sep Counseling  Car Seat Program 652-2448	29 0830-1100 USA Jobs navigation/Federal Resume training	30

# Mobilization Readiness

Mobilization Readiness helps service members and their families prepare for deployment, have access to the support they need throughout its course, and prepare for the unique challenges they face when they return. For more information or to register for a class, call 221-2418/2705 at JBSA-Fort Sam Houston, 671-3722 at JBSA-Lackland, and 652-5321 at JBSA-Randolph.

## Pre-Deployment Briefing

All military members scheduled to deploy, go TDY longer than 30 days or on a remote assignment are required to attend this briefing.

06 JANUARY	TUESDAY	0800-1000	JBSA-LACKLAND BLDG. 5160
06 JANUARY	TUESDAY	0900-1100	JBSA-FSH MFRC
08 JANUARY	THURSDAY	1300-1500	JBSA-FSH MFRC
13 JANUARY	TUESDAY	0800-1000	JBSA-LACKLAND BLDG. 5160
13 JANUARY	THURSDAY	0900-1100	JBSA-FSH MFRC
15 JANUARY	THURSDAY	1300-1500	JBSA-FSH MFRC
20 JANUARY	TUESDAY	0900-1000	JBSA-FSH MFRC
20 JANUARY	TUESDAY	0800-1000	JBSA-LACKLAND BLDG. 5160
22 JANUARY	THURSDAY	1300-1500	JBSA-FSH MFRC
27 JANUARY	TUESDAY	0800-1000	JBSA-LACKLAND BLDG. 5160
27 JANUARY	TUESDAY	0900-1100	JBSA-FSH MFRC
29 JANUARY	THURSDAY	1300-1500	JBSA-FSH MFRC

## Post-Deployment Briefing

All military members returning from deployment are required to attend resiliency training to help reintegrate into home life. This briefing also provides resources to help military members deal with the stressors associated with returning home. Spouses are highly encouraged to attend.

05 JANUARY	MONDAY	1430-1530	JBSA-LACKLAND BLDG. 5160
07 JANUARY	WEDNESDAY	1300-1500	JBSA-FSH MFRC
12 JANUARY	MONDAY	1430-1530	JBSA-LACKLAND BLDG. 5160
14 JANUARY	MONDAY	1300-1500	JBSA-FSH MFRC
21 JANUARY	WEDNESDAY	1300-1500	JBSA-FSH MFRC
26 JANUARY	MONDAY	1430-1530	JBSA-LACKLAND BLDG. 5160

## Key Spouse Initial Training

Mandatory training for all newly appointed Key Spouses; highly recommended for new Key Spouse mentors. Class is open to all JBSA military spouses who want to know more about the Key Spouse program and are thinking of volunteering as a Key Spouse. All current Key Spouses and Key Spouse mentors are welcome to attend the resiliency training portion of the class. All attendees are required to sign up. For information and to sign up, call 652-5321. (INCLUDES A BREAK FOR LUNCH)

23 JANUARY	FRIDAY	0830-1530	JBSA-RANDOLPH MFRC
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## Key Spouse

For spouses who have volunteered and been appointed by unit commander as a Key spouse. The Key spouse is the official AF Readiness Program that supports Airmen and their families as a quality of life initiative and provides peer to peer Wingman support.

23 JANUARY	FRIDAY	1100-1300	JBSA-LACKLAND MFRC
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## Relocation Services

The Relocation Services is the first point of contact for relocation information and assistance. Need to learn another language? MFRC JBSA-Fort Sam Houston has Instant Immersion CDs in English, Spanish, German, Italian, Japanese and Korean available to check out for 60 days. For more information, call 221-2418/2705 at JBSA-Fort Sam Houston, 671-3722 at JBSA-Lackland and 652-5321 at JBSA-Randolph.

### Loan Locker/Lending Closet

Did you recently PCS? Are you in need of a few household items until your household goods arrive? Have we got a deal for you! Don't buy them, check them out from the Loan Locker at the M&FRC. The loan locker provides temporary loans of household items to incoming and departing permanent party personnel (first priority), students (second priority) and TDY, retirees and civilians (third priority) assigned to the area. NOTE: Please bring a copy of your orders. There is a 30 day time limit. **The Lending Closet at JBSA-Fort Sam Houston is open Monday-Friday 0730-1600, call 221-2418/2705. The Loan Locker at JBSA-Randolph is open, Tuesday, Wednesday, and Thursday 0800-1100, call 652-5321 for details.**



### Immigration and Naturalization

An Immigration and Naturalization Service representative will answer questions about Immigration and Citizenship on the second Tuesday of every month.

13 JANUARY

TUESDAY

1200-1400

JBSA-FSH MFRC

### Overseas Relocation

Topics include entitlements, reimbursements, household goods shipments, recognizing and dealing with the emotional stress of relocation, employment, and education. Call 221-2418 to register.

### Fort Sam Houston Trails and Tales

This popular tour offers the newcomer an opportunity to become familiar with the installation and visit sites of our historic post. Transportation is provided.

22 JANUARY

THURSDAY

0800-1300

JBSA-FSH MFRC

### Sponsorship Training

According to AFI 36-2103 all sponsors must complete sponsor training via Electronic Sponsorship Application & Training (eSAT). This training is available at: <http://apps.militaryonesource.mil/ESAT>. The on-line application provides; registration for sponsors and a training certificate for personnel files; a sponsorship duty checklist, a newcomer/family needs assessment; a welcome packet template and links to important DOD and service relocation websites. You must bring a copy of your eSAT training certificate to the MFRC to pick up a sponsor package. Call 221-2418/2705 at JBSA-FSH, 671-3722 at JBSA-Lackland and 652-5321 at JBSA-Randolph for more information.

# Financial Readiness & Planning

Financial Readiness offers information, education, and personal financial counseling to guide service members, retirees, their families and DOD civilians in maintaining financial stability, reaching goals and investing for the future. For information or to schedule an appointment, call 221-2705 at JBSA-Fort Sam Houston, 671-3722 at JBSA-Lackland or 652-5321 at JBSA-Randolph.

## Basic Budget Management

This class is a prerequisite for future Financial classes and one-on-one budget counseling unless you have been referred by your command. Please bring your current Leave and Earnings Statement. This class is designed to provide information to get started on your budget/plan and know what information you need to have to put together the best plan for your money.

08 JANUARY	THURSDAY	0900-1000	JBSA-FSH MFRC
22 JANUARY	THURSDAY	1400-1500	JBSA-FSH MFRC

## Couponing

This class is designed to provide an introduction to the concept of "Couponing" along with information on websites, apps for smart phones and more.

08 JANUARY	THURSDAY	1400-1500	JBSA-FSH MFRC
22 JANUARY	THURSDAY	1500-1600	JBSA-FSH MFRC

## Officer First Duty Station Financial Training

Are you in the ranks of 2LT, 1LT or CAPT? Is this your first duty station? Then this class is for you! Please join us for the mandatory First Duty Station Financial Training. We will explore all aspects of finances to include your pay and entitlements, insurance, credit management, Thrift Savings Plan, liability laws and local fraudulent business practices.

13 JANUARY	TUESDAY	0830-1130	JBSA-RANDOLPH
21 JANUARY	WEDNESDAY	0900-1100	JBSA-LACKLAND

## Money Smarts Rally for High School Students

Parents and high school students—please join us for a one hour event that will discuss budgeting basics, planning for college, and scholarship information. To register please call 652-5321 to reserve your seat.

21 JANUARY	WEDNESDAY	1730-1930	JBSA-RANDOLPH Youth Programs Bldg 585
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## Understanding Your Credit Report

Come learn about your credit report and score and how it affects all aspects of your life. You will learn how to interpret your report/score and how to correct common errors.

20 JANUARY	TUESDAY	0900-1030	JBSA-RANDOLPH MFRC
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# Exceptional Family Member Program



Exceptional Families

The Exceptional Family Member Program is a mandatory enrollment program that works with military and civilian agencies to provide comprehensive and coordinated medical, educational, housing, community support, and personnel services to Families with special needs. It is designed to assist service members and their families that have special physical, emotional, developmental, or intellectual needs. For more information, call 221-2962 at JBSA-Fort Sam Houston, 671-3722 at JBSA-Lackland and 652-5321 at JBSA-Randolph.

## Sensory Story Time

Sensory stories give individuals the opportunity to share in the journey of a story by appealing to senses beyond language alone.

14 JANUARY                      WEDNESDAY                      1000                      call for details

## EFMP Monthly Meeting

Understanding the Diagnosis of Autism. Some parents may or may not be familiar with some of the more common symptoms associated with autism. The purpose of this training is to assist parents, families, and caregivers in differentiating between autism and other pervasive developmental disorders resulting in a better understanding of the diagnosis their child may have received. To sign up, please contact the M&FRC at 652-5321.

08 JANUARY                      THURSDAY                      1100-1230                      JBSA-RANDOLPH

## EFMP Workshop

**Navigating EFMP:** Participants will navigate through the EFMP process from diagnosis to support to working with the assignment process. Q-code, resources available, referrals, the criteria and the Family Member Relocation Clearance FMRC Process will all be discussed. **Location:** JBSA-Lackland Freedom Chapel (across from the BX)

13 JANUARY                      TUESDAY                      1330-1530                      JBSA-LACKLAND Freedom Chapel

**College Supports and Program Options for Youth/Adults with Special Needs.** Steps required for admission/enrollment, support services available in the college setting, and type of documentation necessary to receive, entitlement versus eligibility, college requirements for communicating with parents, types of certificate degree programs available, full-time versus part-time enrollment, and registration considerations.

29 JANUARY                      THURSDAY                      1200-1300                      JBSA-LACKLAND

## EFMP Parent Support Group

**TOPIC: College Options for Youth with Disabilities.** Please join the meeting to share your experience and knowledge with other parents. Location JBSA-Lackland Camp Building 3850

29 JANUARY                      THURSDAY                      1200-1330                      JBSA-LACKLAND

Families will be able to meet other families with similar needs. The EFMP-Parent Support Group can serve many purposes. To create a place where you can laugh about the same things, where you can discuss the same problems, and where you can help each other (Meeting will follow the "college Support Workshop")

29 JANUARY                      THURSDAY                      1300-1330                      JBSA-LACKLAND

## EFMP Parent Support Group

Please join the meeting to share your experience and knowledge with other parents. For more information or to register, call 221-2962

21 JANUARY                      WEDNESDAY                      1200-1300                      JBSA-FSH MFRC

## Save the Date

06 FEBRUARY                      FRIDAY                      EFMP FAMILY VALENTINE'S DANCE

# Transition Classes

## ***Transitioning out of the military? Confused about what classes to attend? Start Here!***

### Retirement and Pre-Separation Counseling

If you are separating or retiring you MUST attend this mandatory briefing. We strongly encourage you attend this briefing before attending the Transition GPS workshop. You can schedule your pre-separation appointment up to 24 months before your retirement date or up to 12 months prior to your separation date. Classes fill fast, for more information or to schedule an appointment, call 221-2705 at JBSA-Fort Sam Houston, 671-3722 at JBSA-Lackland or 652-5321 at JBSA-Randolph.

06 JANUARY	(Voluntary)	TUESDAY	0800-1200	JBSA FSH MFRC
07 JANUARY	(All)	WEDNESDAY	1200-1600	JBSA-RANDOLPH MFRC
20 JANUARY	(Retiree)	TUESDAY	0900-1200 & 1300-1600	JBSA-LACKLAND MFRC
20 JANUARY	(Voluntary)	TUESDAY	0800-1200	JBSA-FSH MFRC
21 JANUARY	(All)	WEDNESDAY	1200-1600	JBSA-RANDOLPH MFRC
22 JANUARY	(Voluntary)	THURSDAY	0900-1200 & 1300-1600	JBSA-LACKLAND MFRC
28 JANUARY	(all)	WEDNESDAY	1200-1600	JBSA-RANDOLPH MFRC

### Transition Goals, Plans, Success (GPS) Workshop

This is a 5-day workshop; portions are facilitated by the Department of Labor, Veterans Administration, and Military and Family Readiness Center at JBSA-Lackland and JBSA-Randolph. This class is mandatory for all service members separating from the military. Classes fill fast, call 671-3722 at JBSA-Lackland, 652-5321 at JBSA-Randolph and 221-1213/2964 at JBSA-FSH.

05-09 JANUARY	MON-FRI	0800-1630	JBSA-LACKLAND MFRC
12-16 JANUARY	MON-FRI	0745-1600	JBSA-LACKLAND MFRC
12-16 JANUARY	MON-FRI	0800-1630	JBSA-RANDOLPH MFRC
26-30 JANUARY	MON-FRI	0745-1600	JBSA-LACKLAND MFRC

### VA Stand Alone Workshop

Members eligible to be exempt from the Mandatory 5-day Transition GPS Workshop may attend a Veterans Administration stand alone workshop. The workshop covers critical VA programs and services ranging from general benefits information, disability compensation and GI Bill benefit information to name a few. To register, call 671-3722 at JBSA-Lackland or 652-5321 at JBSA-Randolph.

27 JANUARY	TUESDAY	0800-1400	JBSA-RANDOLPH MFRC
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### Survivor Benefits Plan (SBP) Briefing

The SBP briefing with the SBP Counselor (required by law) helps the military person and/or spouse become familiar with the options, effects, and advantages of SBP. Transitioning members need to attend one of the classes then call 652-3633 for an individual appointment. The SBP election must be completed prior to final out-processing or NLT 60 days prior to the official retirement date, whichever comes first.

20 JANUARY	TUESDAY	0800-0930 & 1300-1430	JBSA-RANDOLPH MFRC
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### VA Career Technical Training Track

Are you interested in pursuing a technical career after the military? The 2-day Career Technical Training track is designed to assist you in defining technical career goals, identify required credentials, find career technical training opportunities and utilize your VA Education Benefits. You must have attended TAP GPS workshop prior to registering for this class. Please contact us at 652-5321 to register.

13 & 14 JANUARY	TUESDAY & WEDNESDAY	0800-1600	JBSA-RANDOLPH
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*If you are interested in volunteer opportunities at JBSA-Fort Sam Houston call 221-2336, at JBSA-Lackland call 671-3722 or at JBSA-Randolph call 652-5321.*

## AFTB Modules

15 JANUARY THURSDAY 0900-1300 JBSA-FSH MFRC

## Organizational Point of Contact (OPOC) Training

Unit/Agency Organizational Points of Contact (OPOC) will receive training with the Volunteer Management Information System (VMIS). Open to all registered OPOCs. Call 221-2336.

07 JANUARY WEDNESDAY 1000-1100 JBSA-FSH MFRC

## Volunteer Management Information System Training

Volunteers will receive hands on training with the Volunteer Management Information System (VMIS). Open to all registered volunteers. For more information, call 221-2336.

28 JANUARY WEDNESDAY 1000-1100 JBSA-FSH MFRC

## Volunteer Advisory Council

The Volunteer Advisory Council is comprised of representatives from agencies having volunteers, appropriate command spouses, and community representatives. The council meeting to discuss volunteer program opportunities and to facilitate communication with JBSA Leadership, Organizational Points of Contact, and volunteers. For more information, call 221-2336.

08 JANUARY THURSDAY 0900-1030 JBSA-FSH MFRC

## Mentor Training

Are you looking for a volunteer opportunity that will allow you to positively impact the life of a child? Then sign up for our Mentoring Training session. Participants will be provided information and resources, and after completion of the training, mentors will be placed in one of the local schools. Call 652-5321 to register (Randolph)

07 JANUARY	WEDNESDAY	1200-1330	JBSA-LACKLAND
08 JANUARY	THURSDAY	1200-1330	JBSA-RANDOLPH
08 JANUARY	THURSDAY	1100-1300	JBSA-LACKLAND
29 JANUARY	THURSDAY	1100-1300	JBSA-LACKLAND

## MFRC Volunteer Orientation, Computer Lab

28 JANUARY WEDNESDAY 0900-1000 JBSA-FSH MFRC

## Nomination writing Workshop

27 JANUARY TUESDAY 1000-1200 JBSA-FSH MFRC

## Resiliency Training

Master Resiliency Training helps service members and their families by providing hands-on training and self-development tools so they are better able to cope with adversity, perform better in stressful situations and thrive in life. For more information or to register, call 221-0349 or 221-2705.

### Army Resiliency Training

**Hunt the Good Stuff:** Counter negativity bias, to create positive emotion and to notice and analyze what is good.

05 JANUARY                      MONDAY                      1400-1445                      JBSA-FSH MFRC

**ACR and Effective Praise:** Builds mastery because it focuses on the strategy or the process the individual used to bring about a good outcome. Demonstrates the efforts of sharing a positive experience with others and the effect that the other persons response to our positive experience has on our relationship.

15 JANUARY                      THURSDAY                      1000-1130                      JBSA-FSH MFRC

### Air Force Resiliency Training—Resiliency Overview

Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity. This overview will provide discussing and the information on the various skills that contribute to resilience and how to effectively utilize them.

05 JANUARY                      MONDAY                      0930-1045                      JBSA-FSH MFRC

## Army Family Team Building

**Army Family Team Building** is about mission readiness and family readiness. AFTB teaches families how to adapt and embrace challenges, it also helps service members grow as leaders. Open to all ID cardholders within the JBSA community. For more information, call 221-2336 or 221-9196.

### AFTB Advisory Council

Meeting to discuss AFTB Program, class schedules, needs of the community and marketing. Open to all members of the JBSA Community.

08 JANUARY                      THURSDAY                      0900-1030                      JBSA-FSH MFRC

### AFTB Modules

15 JANUARY                      THURSDAY                      0900-1300                      JBSA-FSH MFRC

# ***Career and Volunteer Fair***

**14 Jan 2015  
10 a.m. to 1 p.m.  
JBSA-Fort Sam Houston  
Military and Family Readiness Center  
3060 Stanley Rd. Bldg 2797**

**Bloom  
Where  
You Are  
Planted!**



## **Opportunity Highlights:**

- ♦ Dress for Success Seminar and Fashion Show
- ♦ Ten Steps to a Federal Job Workshop
- ♦ Employment Assistance Workshop
- ♦ Volunteer Orientation Workshop
- ♦ Volunteer Experience Workshop  
Learn Skills and gain Recognition
- ♦ Education Opportunities  
Resume Building  
Refresh Computer Skills  
Start a Volunteer Portfolio



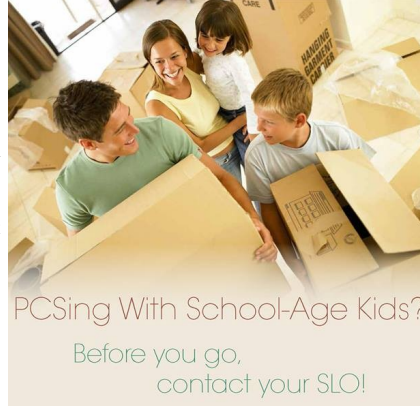
**FREE and OPEN TO ALL ID CARD HOLDERS**

**For additional Information: 210-221-9196/2380**

## School Liaison Services

The School Liaison Office (SLO) helps parents ease the transition of the mobile military lifestyle for their dependents. They can assist prior to your PCS, upon arrival, while at your installation and when you prepare to depart for your next duty station. They specialize in serving military families with K-12 school age children and are able to provide information about the local school systems and community. The SLO will support parents and school districts with the Interstate Compact for the Education of Military Students interpretation, information on schools and boundaries, Home School, Deployment Support, provide School and Community Outreach partnerships. These military dependent education professionals serve as a link between military families and all surrounding school districts ensuring maximum educational opportunities for academic success.

**For more information**, call 221-2214 at JBSA-Fort Sam Houston, 671-3722 at JBSA-Lackland and 652-5321 at JBSA-Randolph.



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**Service members, retirees, their family members and DOD civilians can utilize all the services available at the Military and Family Readiness Center.**

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**JBSA-Fort Sam Houston Military and Family Readiness Center**

3060 Stanley Road, Suite 95, Building 2797

Call (210) 221-2705 or (210) 221-2418

**JBSA-Lackland Military and Family Readiness Center**

2160 Kenly Ave., Building 1249

Call (210) 671-3722

**JBSA-Lackland Technical Training Airman Readiness Element**

1561 Stewart St., Building 5616

Call (210) 671-4057

**JBSA-Randolph Military and Family Readiness Center**

555 F Street West, Building 693

Call (210) 652-5321

Visit <http://www.jbsa.af.mil/military&familyreadiness/index.asp>  
for more information and to view our calendar online.

*Hours of operation:*

***Randolph & Lackland***

***0730-1630 Monday-Friday***

***Fort Sam Houston***

***0730-1615 Monday-Friday***

***All Locations Closed for all federal holidays***

